



**HOME FRONT  
HEALTH**

# VETERAN WELLNESS PROGRAM

Presented by: **SEASPAR** & **LEMONT**  
*Special parks & recreation* PARK DISTRICT

## Membership Benefits:

**FREE!**

### Fitness Programs

- An annual pass to the Lemont Park District's The CORE.
- A second annual pass for a companion (when accompanying member).
- Eight personal training sessions with a Certified Inclusive Trainer.
- Four additional personal training sessions for referrals to the program.

### Social Programs

- Veterans Night Out - A social event held on the first Friday of the month from 7-10 p.m. Free child care provided.
- Recreational Muster - A veterans-only social event held on the second Saturday of the month.
- Home Front Fun - An annual event for members and their families the weekend before Veterans Day.

## Requirements:

- Veteran of any branch of the United States Armed Forces, honorably discharged.
- Disability rating of 10% or higher.
- Resident of the Lemont Park District.

Registration and Questions: Contact Greg Pavesich at 630.960.7600.

**SEASPAR.org**     

